

School Breakfast Program Meal Pattern and Nutrient Specifications

	Breakfast Meal Pattern		
	Grades K-5 ^a	Grades 6-8 ^a	Grades 9-12 ^a
Meal Pattern	Amount of Food ^b Per Week (Minimum Per Day)		
Fruits (cups) ^{c,d}	5 (1) ^e	5 (1) ^e	5 (1) ^e
Vegetables (cups) ^{c,d}	0	0	0
Dark Green ^f	0	0	0
Red/Orange ^f	0	0	0
Beans/Peas (Legumes) ^f	0	0	0
Starchy ^f	0	0	0
Other ^{f,g}	0	0	0
Additional Veg to Reach Total ^h	0	0	0
Grains (oz eq) ⁱ	7 (1) ^j	8 (1) ^j	9 (1) ^j
Meats/Meat Alternates (oz eq)	0 ^k	0 ^k	0 ^k
Fluid Milk (cups) ^l	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week			
Min-Max calories (kcal) ^{m,n,o}	350-500	400-550	450-600
Saturated fat (% of total calories) ^{n,o}	< 10	< 10	< 10
Sodium (mg) ^{n,p}	≤ 430	≤ 470	≤ 500
Trans fat ^{n,o}	Nutrition label or manufacturer specifications must indicate zero grams of <u>trans</u> fat per serving.		

^a In the SBP, the above age-grade groups are required beginning July 1, 2013 (SY 2013-14).

^b Food items included in each food group and subgroup and amount equivalents. Minimum creditable serving is ¼ cup.

^c One quarter-cup of dried fruit counts as ½ cup of fruit; 1 cup of leafy greens counts as ½ cup of vegetables. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength.

^d For breakfast, vegetables may be substituted for fruits, but the first two cups per week of any such substitution must be from the dark green, red/orange, beans and peas (legumes) or “Other vegetables0” subgroups as defined in §210.10(c)(2)(iii).

^e The fruit quantity requirement for the SBP (5 cups/week and a minimum of 1 cup/day) is effective July 1, 2014 (SY 2014-2015).

ⁱ All grains must be whole grain-rich in the SBP beginning July 1, 2014 (SY 2014-15).

^j In the SBP, the grain ranges must be offered beginning July 1, 2013 (SY 2013-2014).

^k There is no separate meat/meat alternate component in the SBP. Beginning July 1, 2013 (SY 2013-2014), schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum daily grains requirement is met.

^l Fluid milk must be low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored).

^m The average daily amount of calories for a 5-day school week must be within the range (at least the minimum and no more than the maximum values).

ⁿ Discretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, trans fat, and sodium. Foods of minimal nutritional value and fluid milk with fat content greater than 1 percent milk fat are not allowed.

^o In the SBP, calories and trans fat specifications take effect beginning July 1, 2013 (SY 2013-2014).

^p Final sodium specifications are to be reached by SY 2022-2023 or July 1, 2022. Intermediate sodium specifications are established for SY 2014-2015 and 2017-2018. See required intermediate specifications in § 220.8(f)(3) for breakfasts.

National School Lunch Program Meal Pattern and Nutrient Specifications

	Lunch Meal Pattern		
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food ^b Per Week (Minimum Per Day)		
Fruits (cups) ^c	2 ½ (½)	2 ½ (½)	5 (1)
Vegetables (cups) ^c	3 ¾ (¾)	3 ¾ (¾)	5 (1)
Dark Green ^f	½	½	½
Red/Orange ^f	¾	¾	1 ¼
Beans/Peas (Legumes) ^f	½	½	½
Starchy ^f	½	½	½
Other ^{f,g}	½	½	¾
Additional Veg to Reach Total ^h	1	1	1 ½
Grains (oz eq) ⁱ	8 (1)	8 (1)	10 (2)
Meats/Meat Alternates (oz eq)	8 (1)	9 (1)	10 (2)
Fluid Milk (cups) ^j	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week			
Min-Max calories (kcal) ^{m,n}	550-650	600-700	750-850
Saturated fat (% of total calories) ⁿ	< 10	< 10	< 10
Sodium (mg) ^{n,p}	≤ 640	≤ 710	≤ 740
Trans fat ⁿ	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.		

^b Food items included in each food group and subgroup and amount equivalents. Minimum creditable serving is ⅓ cup.

^c One quarter-cup of dried fruit counts as ½ cup of fruit; 1 cup of leafy greens counts as ½ cup of vegetables. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength.

^f Larger amounts of these vegetables may be served.

^g This category consists of “Other vegetables” as defined in §210.10(c)(2)(iii)(E). For the purposes of the NSLP, “Other vegetables” requirement may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups as defined in §210.10(c)(2)(iii).

^h Any vegetable subgroup may be offered to meet the total weekly vegetable requirement.

ⁱ All grains must be whole grain-rich in both the NSLP and the SBP beginning July 1, 2014 (SY 2014-15).

^j Fluid milk must be low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored).

^m The average daily amount of calories for a 5-day school week must be within the range (at least the minimum and no more than the maximum values).

ⁿ Discretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, trans fat, and sodium. Foods of minimal nutritional value and fluid milk with fat content greater than 1 percent milk fat are not allowed.

^p Final sodium specifications are to be reached by SY 2022-2023 or July 1, 2022. Intermediate sodium specifications are established for SY 2014-2015 and 2017-2018. See required intermediate specifications in § 210.10(f)(3) for lunches.

**CHILD MEAL PATTERN**

Breakfast (Select all three components for a reimbursable meal)				
Food Components and Food Items¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18² (at-risk afterschool programs and emergency shelters)
Fluid Milk³	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Vegetables, fruits, or portions of both⁴	¼ cup	½ cup	½ cup	½ cup
Grains (oz eq)^{5,6,7}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁸ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ^{8,9}				
Flakes or rounds	½ cup	½ cup	1 cup	1 cup
Puffed cereal	¾ cup	¾ cup	1 ¼ cup	1 ¼ cup
Granola	⅛ cup	⅛ cup	¼ cup	¼ cup

¹ Must serve all three components for a reimbursable meal. Offer versus serve is an option for at-risk afterschool participants.

² Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.

³ Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older.

⁴ Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

⁵ At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

⁶ Meat and meat alternates may be used to meet the entire grains requirement a maximum of three times a week. One ounce of meat and meat alternates is equal to one ounce equivalent of grains.

⁷ Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

⁸ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

⁹ Beginning October 1, 2019, the minimum serving size specified in this section for ready-to-eat breakfast cereals must be served. Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereals is ¼ cup for children ages 1-2; 1/3 cup for children ages 3-5; and ¾ cup for children ages 6-12.

CHILD MEAL PATTERN

Lunch and Supper (Select all five components for a reimbursable meal)				
Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² (at-risk afterschool programs and emergency shelters)
Fluid Milk ³	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternates				
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounces
Tofu, soy product, or alternate protein products ⁴	1 ounce	1 ½ ounce	2 ounces	2 ounces
Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces
Large egg	½	¾	1	1
Cooked dry beans or peas	¼ cup	⅜ cup	½ cup	½ cup
Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp
Yogurt, plain or flavored unsweetened or sweetened ⁵	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup	8 ounces or 1 cup
The following may be used to meet no more than 50% of the requirement: Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternates (1 ounces of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish)	½ ounce = 50%	¾ ounce = 50%	1 ounce = 50%	1 ounce = 50%
Vegetables ⁶	⅛ cup	¼ cup	½ cup	½ cup
Fruits ^{6,7}	⅛ cup	¼ cup	¼ cup	¼ cup
Grains (oz eq) ^{8,9}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ¹⁰ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup

¹ Must serve all five components for a reimbursable meal. Offer versus serve is an option for at-risk afterschool participants.

² Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.

³ Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older.

⁴ Alternate protein products must meet the requirements in Appendix A to Part 226.

⁵ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

⁶ Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

⁷ A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.

⁸ At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards the grains requirement.

⁹ Beginning October 1, 2019, ounce equivalents are used to determine the quantity of the creditable grain.

¹⁰ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

CHILD MEAL PATTERN

Snack (Select two of the five components for a reimbursable snack)				
Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² (at-risk afterschool programs and emergency shelters)
Fluid Milk³	4 fluid ounces	4 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternates				
Lean meat, poultry, or fish	½ ounce	½ ounce	1 ounce	1 ounce
Tofu, soy product, or alternate protein products ⁴	½ ounce	½ ounce	1 ounce	1 ounce
Cheese	½ ounce	½ ounce	1 ounce	1 ounce
Large egg	½	½	½	½
Cooked dry beans or peas	⅛ cup	⅛ cup	¼ cup	¼ cup
Peanut butter or soy nut butter or other nut or seed butters	1 tbsp	1 tbsp	2 tbsp	2 tbsp
Yogurt, plain or flavored unsweetened or sweetened ⁵	2 ounces or ¼ cup	2 ounces or ¼ cup	4 ounces or ½ cup	4 ounces or ½ cup
Peanuts, soy nuts, tree nuts, or seeds	½ ounce	½ ounce	1 ounce	1 ounce
Vegetables⁶	½ cup	½ cup	¾ cup	¾ cup
Fruits⁶	½ cup	½ cup	¾ cup	¾ cup
Grains (oz eq)^{7,8}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁹ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ^{9,10}				
Flakes or rounds	½ cup	½ cup	1 cup	1 cup
Puffed cereal	¾ cup	¾ cup	1 ¼ cup	1 ¼ cup
Granola	⅛ cup	⅛ cup	¼ cup	¼ cup

¹ Select two of the five components for a reimbursable snack. Only one of the two components may be a beverage.

² Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.

³ Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older.

⁴ Alternate protein products must meet the requirements in Appendix A to Part 226.

⁵ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

⁶ Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

⁷ At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

⁸ Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

⁹ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

¹⁰ Beginning October 1, 2019, the minimum serving sizes specified in this section for ready-to-eat breakfast cereals must be served. Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereals is $\frac{1}{4}$ cup for children ages 1-2; $\frac{1}{3}$ cup for children ages 3-5; and $\frac{3}{4}$ cup for children ages 6-12.



How Do They Compare? Child Nutrition Programs' Meal Pattern Requirements

*Please note: This chart only addresses meals served to children age 1 year and older as well as adults. It does not address the infant meal pattern requirements in the Child and Adult Care Food Program (CACFP) and National School Lunch Program (NSLP) and School Breakfast Program (SBP) (jointly referred to as School Meal Programs). Additionally, the chart is based on the updated Child and Adult Care Food Program meal patterns and the updated pre-school meal patterns in the School Meal Programs. These updated requirements go into effect October 1, 2017.

Meal Pattern Requirements for Milk

Meal Pattern Requirement	Child and Adult Care Food Program (and Schools' pre-k meal patterns)	School Meal Programs (NSLP and SBP)	K-12 Afterschool Snack Service (under NSLP)	Summer Food Service Program (SFSP)
Fat content	<ul style="list-style-type: none">• 1 year olds: whole milk• 2 year olds and older: low-fat or fat-free milk• Yogurt may be served in place of milk once per day for adults only	Low-fat or fat-free	Low-fat or fat-free	No restrictions
Flavored milk	<ul style="list-style-type: none">• Prohibited for children 0 through 5 years old• Must be fat-free when served to children 6 years old and older and adults	Must be fat-free	Must be fat-free	No restrictions



Meal Pattern Requirement	Child and Adult Care Food Program (and Schools' pre-k meal patterns)	School Meal Programs (NSLP and SBP)	K-12 Afterschool Snack Service (under NSLP)	Summer Food Service Program (SFSP)
Non-dairy beverages (Fluid Milk Substitutes)	<ul style="list-style-type: none">• Non-dairy beverages that are nutritionally equivalent (defined by regulation) to cow's milk may be served to participants with special dietary needs; must be requested in writing by a parent/guardian, adult participant, or a person on behalf of the adult participant• Breastmilk may be served in lieu of fluid milk; a written request is not required• Other beverages, including water, may not be offered in place of milk as part of the reimbursable meal or snack	<ul style="list-style-type: none">• Non-dairy beverages that are nutritionally equivalent (defined by regulation) to cow's milk may be served to non-disabled students with medical or special dietary needs; must be requested in writing by a parent/guardian• Other beverages, including water, may not be offered in place of milk as part of the reimbursable meal	<ul style="list-style-type: none">• Non-dairy beverages that are nutritionally equivalent (defined by regulation) to cow's milk may be served to non-disabled students with medical or special dietary needs; must be requested in writing by a parent/guardian• Other beverages, including water, may not be offered in place of milk as part of the reimbursable snack	<ul style="list-style-type: none">• Not allowed for SFSP sponsors• School sponsors claiming meals under SFSP may serve non-dairy beverages that are nutritionally equivalent (defined by regulation) to cow's milk may be served to non-disabled students with medical or special dietary needs; must be requested in writing by a parent/guardian or licensed health care professional• Other beverages, including water, may not be offered in place of milk as part of the reimbursable meal or snack



Meal Pattern Requirements for Vegetables and Fruit

Meal Pattern Requirement	Child and Adult Care Food Program (and Schools' pre-k meal patterns)	School Meal Programs (NSLP and SBP)	K-12 Afterschool Snack Service (under NSLP)	Summer Food Service Program (SFSP)
Components	<ul style="list-style-type: none">• Vegetables and fruit are one component at breakfast• Vegetables and fruits are two separate components at lunch, supper, and snack	<ul style="list-style-type: none">• Only the fruit component is required at breakfast; vegetables may be offered in place of fruits as long as 2 cups/week of under consumed vegetables (dark green, red/orange, beans and peas, or other vegetables) are included on the weekly breakfast menu• Vegetables and fruits are two separate components at lunch	Vegetables and fruit are one component	Vegetables and fruit are one component at all meals and snacks
Vegetable Subgroups	No requirement	Must offer specific serving amount of each vegetable subgroup (dark green vegetables, red-orange vegetables, beans and peas, starchy vegetables, other vegetables) over the course of a week (NSLP only)	No requirements	No requirements
Full-strength juice (100% juice)	<ul style="list-style-type: none">• May count towards the entire vegetable or fruit component no more than once per day• Juice may not be served at snack when milk is served as the only other component	May count towards no more than half of the vegetables or fruits offered over the week	<ul style="list-style-type: none">• May count towards the entire vegetable/fruit component• Juice may not be served at snack when milk is served as the only other component	<ul style="list-style-type: none">• May count towards no more than half of the vegetable/fruit requirement at lunch and supper• Juice may not be served at snack when milk is served as the only other component



Meal Pattern Requirement	Child and Adult Care Food Program (and Schools' pre-k meal patterns)	School Meal Programs (NSLP and SBP)	K-12 Afterschool Snack Service (under NSLP)	Summer Food Service Program (SFSP)
Crediting	<ul style="list-style-type: none">• Dried fruit credit as twice the amount served ($\frac{1}{4}$ cup dried fruit = $\frac{1}{2}$ cup fruit)• Raw leafy greens credit for half the amount served (1 cup of raw leafy greens = $\frac{1}{2}$ cup vegetable)	<ul style="list-style-type: none">• Dried fruit credit as twice the amount offered ($\frac{1}{4}$ cup dried fruit = $\frac{1}{2}$ cup fruit)• Raw leafy greens credit for half the amount offered (1 cup of raw leafy greens = $\frac{1}{2}$ cup vegetable)	All fruits and vegetables are credited based on volume served with the exception of tomato paste and tomato puree which credit based on yields found in the Food Buying Guide for Child Nutrition Programs	<ul style="list-style-type: none">• $\frac{1}{4}$ cup dried fruit = $\frac{1}{4}$ cup fruit• $\frac{1}{2}$ cup raw leafy greens = $\frac{1}{2}$ cup vegetable



Meal Pattern Requirements for Grains

Meal Pattern Requirement	Child and Adult Care Food Program (and Schools' pre-k meal patterns)	School Meal Programs (NSLP and SBP)	K-12 Afterschool Snack Service (under NSLP)	Summer Food Service Program (SFSP)
Whole grain-rich	Must serve at least one whole grain-rich food per day	All grains offered must be whole grain-rich (exemptions allowed through school year 2016-2017)	No whole grain-rich requirement	No whole grain-rich requirement
Grain-based desserts	Grain-based desserts cannot count toward the grain requirement	<ul style="list-style-type: none">• Up to 2 ounce equivalents of grain-based desserts per week may be offered as part of the grains component at lunch• No restrictions at breakfast	Sweet snack foods should not be served more than twice a week	Allowed only at snacks and breakfast meals
Breakfast cereals	Must contain no more than 6 grams of sugar per dry ounce	No sugar limit – the cap is generated by the dietary specifications for the weekly menu	No sugar limit	No sugar limit
Crediting	Based on ounce equivalents (starting October 1, 2019)	Based on ounce equivalents Non-creditable grains (e.g. bran, germ, etc.) are limited to no more than 2% or less than 0.25 ounce equivalents per portion	Based on ounce equivalents	Based on serving sizes



Meal Pattern Requirements for Meat/Meat Alternates

Meal Pattern Requirement	Child and Adult Care Food Program (and Schools' pre-k meal patterns)	School Meal Programs (NSLP and SBP)	K-12 Afterschool Snack Service (under NSLP)	Summer Food Service Program (SFSP)
Tofu	Allowed as a meat alternate. Must contain 5 grams of protein per 1.0 ounce equivalent (¼ cup or 2.2 ounces by weight)	Allowed as a meat alternate. Must contain 5 grams of protein per 1.0 ounce equivalent (¼ cup or 2.2 ounces by weight)	Allowed as a meat alternate. Must contain 5 grams of protein per 1.0 ounce equivalent (¼ cup or 2.2 ounces by weight)	Not creditable
Yogurt (including soy yogurt)	Must contain no more than 23 grams of sugar per 6 ounces	No sugar limit per product – the cap is generated by the dietary specifications for the weekly menu	No sugar limit	No sugar limit
Meat/meat alternates in place of grains <u>at breakfast</u>	May substitute meat/meat alternate for the entire grain component no more than 3 times per week	May substitute 1 ounce equivalent meat/meat alternate for 1 ounce equivalent grains after the minimum daily grains requirement is met, or it may be served as an extra within the dietary specifications for the weekly menu	Not applicable	May be served as an extra food item



Dietary Specifications

Meal Pattern Requirement	Child and Adult Care Food Program (and Schools' pre-k meal patterns)	School Meal Programs (NSLP and SBP)	K-12 Afterschool Snack Service (under NSLP)	Summer Food Service Program (SFSP)
Dietary specifications	Sugar limits on breakfast cereals and yogurt (see above)	<ul style="list-style-type: none">• Meals must, on average, meet weekly limits for calories, saturated fat, and sodium• Food products served in meals must contain zero grams of trans fat	No dietary specifications	No dietary specifications



Meal Service Options

Meal Pattern Requirement	Child and Adult Care Food Program (and Schools' pre-k meal patterns)	School Meal Programs (NSLP and SBP)	K-12 Afterschool Snack Service (under NSLP)	Summer Food Service Program (SFSP)
Offer Versus Serve	<ul style="list-style-type: none"> • Allowed in adult day care centers and at-risk afterschool programs, only. At lunch or supper, participants must select at least 3 food components out of the 5 components offered; at breakfast, at least 4 food items must be offered and participants must select 3 items • No ½ cup vegetable or fruit requirement • Not allowed at snack service • Not allowed in pre-k 	<ul style="list-style-type: none"> • Required in high schools. At lunch, students must select at least 3 food components out of the 5 components offered; at breakfast, menu planner must offer 4 food items and students must select 3 food items. • Students must select at least ½ cup of fruit and/or vegetable at breakfast and lunch • Optional for middle and elementary schools • Not allowed at snack service 	Not allowed	<ul style="list-style-type: none"> • Allowed at all SFSP sites, regardless of location type or sponsorship. At lunch, children must select 3 food components out of the 4 components offered; at breakfast, at least 4 food items must be offered and children must select 3 items • No ½ cup vegetable or fruit requirement • Not allowed at snack service
Family Style Meals	Allowed in all CACFP settings	Allowed in all schools and RCCIs	Allowed in all afterschool snack settings	Allowed only at camps and closed enrolled sites